



Rogers Summer Swim Academy



FAQ

The Rogers Summer Swim Academy is uniquely designed to provide swim instruction and training from the infant beginner to the seasoned senior swim team member!

Our **Learn-to-Swim Program** is structured to provide a foundation in water safety education and swimming technique for all ages and abilities! Our ascending levels provide an education track which will prepare the junior student for transitioning onto our developmental summer swim team or into our aquatics center Junior Lifeguard program.

The **Ballistic Bullfrogs Developmental Swim Team** (ages 6-18) encourages informal, friendly team competition with other area summer league teams, while developing technical swimming skills & endurance and positive sportsmanship & teamwork!

Our goal is to develop safe and empowered swimmers for a lifetime of health and enjoyment!

Learn – to – Swim Program

What should I bring to swim lessons?

Each student needs a swim suit, a towel and some warm clothes to wrap up in after his lesson. Children who are not completely potty trained are required to wear a snug-fitting swim diaper. No goggles or flotation vests/bubbles will be permitted in beginner levels.

Does my child need to wear a swim cap and goggles?

No swim cap is required, but can improve your child's swim education and experience by keeping long, heavy hair up and out of your child's face and mouth as he/she is working on rhythmic breathing and head rotation. Having your child's long hair in a cap or at least in a hair band/ponytail is strongly recommended. If your child is in an advanced Level 2 or in Level 3 class, goggles will be permitted.

What if my child cries or is afraid?

It's very common for a child to be apprehensive or afraid and cry when starting something new. Our instructors are trained to deal with the most fearful of students and our Deck Managers and Lead Instructors are always there to assist if necessary. Consistency, reassurance and praise are paramount in your child's progress! It is important for the instructors to build a rapport and trust with each child during each lesson without the distraction or interference of family members. Don't worry! We will have your child feeling empowered and happy in no time! The family's role is to be your child's cheerleader offering hugs, kisses and atta-boys after each lesson!

If I miss a class, may I schedule a make up?

We schedule and fill classes in advance, and because we are committed to keeping class sizes small for optimum learning, individual make up lessons will not be permitted. Group make-ups will be scheduled in the event of inclement weather, mechanical issues or the occasional special park event that might conflict with class.

Should a parent expect to be in the water with his/her child during lessons?

All family members will be asked to sit on the observation deck during Level 1 – 3 classes. Only the instructors will be in the water with the students. Parent – Tot classes will require at least 1 parent in the water working with his/her child. The instructor acts as facilitator for the class and the parent and child will interact together, being part of a larger group. If both parents have the ability to participate together or interchangeably with the child, we strongly encourage this to enhance the child's experience.

Can my 2 children take private lessons together?

Yes, as long as both children are old enough to be without a parent's physical assistance. Up to 3 students may be part of a 4 - 30 minute semi-private lesson package. The instructor may have all students together or divide the total time among the students.

How do I register and pay for my child's lessons?

We encourage credit card payments either in person at the park when you turn in your registration form or over the phone if you have faxed/emailed in your registration form; however, cash and checks will be accepted. Registrations must be paid in full to reserve placement on the roster. Admissions/Registrations 479-936-5482.

Can we register for multiple swim sessions at one time?

Yes, our Level 1 and 2 classes fill up quickly so we encourage parents to go ahead and register for all desired sessions as soon as possible! We will try to accommodate registered students who desire to add another swim session, however, we cannot guarantee placement in the following sessions.

Can I get a refund if I decide to cancel after registering?

Yes, however, if you cancel less than 48 hours (2 days) prior to the start of your session, a \$25 cancellation fee will be charged. If you cancel after your session as begin, no refund of any kind will be given.

How do I transition my child from swim Level 3 to the Ballistic Bullfrogs Swim team?

Once your child has graduated from Level 3 in our Learn-to-Swim program, we will contact the Head Coach of the Ballistic Bullfrogs and communicate your desire to move your child up onto the swim team. You will submit the appropriate Ballistic Bullfrogs registration form then the Head Coach will contact you. Your child will be asked to participate in an informal skills evaluation for group/lane placement...then your child will be ready to begin as a Ballistic Bullfrog!

Ballistic Bullfrogs Swim Team

How do I know if my child is ready to be on the swim team?

If your child is 6-9 years old, he will be required to attend our Placement Day (see the end of the FAQ for days/times) to determine group/lane placement or to determine which Learn-To-Swim Level your child might need to improve skills before transitioning onto the swim team. If your child is 10 years old or above, we will assume he has achieved at least Learn-to-Swim Level 2 skills and would be ready for skills training equaling Learn-to-Swim Level 3. We would only need your submittal of the swim team registration form and payment.

What can I expect my child to experience in a typical practice?

Most practices will be comprised of 10 minutes of deck (dryland) exercises and stretching, 40 minutes of swim technique & endurance building and 10 minutes of team building. FUN water games!

How do I register my child for the Ballistic Bullfrogs?

Registration forms and payment may be delivered to the waterpark during pre-season park hours (call ahead for hours 479-936-5482) or registration sent by email with credit card payment given over the phone or in person. Checks and cash will be accepted but credit card payment is preferred. Placement on the swim team is not guaranteed until full payment is received.

When are the swim meets scheduled and is my child required to participate in all of them?

Our team will participate in swim meets hosted by various teams and pools throughout NW Arkansas. The Rogers Aquatics Center typically hosts 1 home swim meet during each session, usually on a Saturday mornings. Team members may expect to participate in 2-3 swim meets during each session (June 8-July 2 & July 6 – July 30) – some on Saturdays, others on a weekday evening and each usually lasts about 2 hours. Participation in all meets is strongly encouraged, however, we do understand that family vacations and summer camps are planned as well and may occasionally conflict with a scheduled meet. The Championship Meet is tentatively scheduled for Saturday, August 1.

If my child only participates in the 1st team session (June 8-July 2), can he still participate in the Championship Meet at the end of the summer season?

Yes! We would encourage any 1st session-only swimmers to return and compete in the Championship Meet. Early communication with the Head Coach would be required for planning. No practice time would be available, however, prior to the Championship Meet if your child is not participating in the 2nd team session.

Is the team t-shirt and cap required to be on the team?

Both the cap and t-shirt are optional items but strongly encouraged. Please see the registration form for t-shirt size options. If you have a child who is returning this season and you purchased the t-shirt and cap last year, you will not need to purchase another as both items are the same color/print as last season.

Can I get a refund if I decide to cancel after registering?

Yes, however, there will be a \$25 fee for all cancellations made less than 1 week (7 days) prior to the session starting. If you cancel after the session has begun, no refund will be given.

Parents Please Note: We do not take attendance at the practices or meets. If your child needs to miss a practice due to vacation camp or vacations, no worries! Bring them when you can! Our program is still a great value if your child misses a day or two, here and there!

Ballistic Bullfrogs Head Program Director: Anita Parisi 479-422-1266 anitaparisi@sbcglobal.net

Aquatics Center Asst. Manager & Ballistic Bullfrogs Lead Coach: Leanne Jacobson 479-936-5482

Aquatics Center Manager & Learn-to-Swim Master Instructor: Suzy Turek 479-426-7174 sturek@rogersar.gov

Ballistic Bullfrogs SKILL PLACEMENT DAYS:

Session 1 -Saturday, May 30 Morning Session – Between 9-10am; Afternoon Session – Between 10-11am

Session 2 -Saturday, June 27 Morning Session – Between 9-10am; Afternoon Session – Between 10-11am

Placement Minimal Requirements for ages 6-9:

1. 25 yards freestyle (American Crawl) demonstrating ease of face in the water and rhythmic side breathing.
2. 25 yard back swim demonstrating forward movement on back with coordinated arm movements.
3. Ability to jump in deep water and tread water for 30 seconds